Note: Front and Back cover can be printed in large quantities and used for nearly all of our manuals.

Manual Print Specs	
Part number	LT-03150 Rev B to C
Manual title	Cybex 500C&R Owner's Manual
Binder	Black Plastic Spiral
Cover	10 point Carolina, coated 2 sides (or Cybex approved equiv.)
Colors	PMS 228 and Black
Cover Die Cut	Rectangle cut out of Front Cover 4" x 1.25"as indicated in the file. Black line for reference only.
Files combined.	The files will be supplied as separate chapters. The vendor is to combine files as needed.
Number of inside 8 ½ x 11 pages	13 sheets
Definition: 1 page = Single sided *2 pages = 1 sheet*	
Number of 11 x 17 pages	0
Paper stock for inside pages	60# Cougar or Cybex approved equiv.
Text Color	Black
Warranty Card	8 ½ x 11 with perf – BRC (business reply card)
	Black over black
	67# white vellum or 90# index or Cybex approved equiv.
Print Quality	Digital = minimum of 600 dpi Film = minimum of 150 line screen
Proofing	Required. Digital proofs preferred.
File Types	QuarkXPress or pdf
Other Requirements	3 hole drilled

CYBEX® International

Defining Fitness

eCybex.com™

CYBEX® International

Defining Fitness

Cybex 500C Cycle & 500R Recumbent Cycle
Owner's Manual

Cardiovascular Systems

Part Number LT-03150 Rev C

Cybex and the Cybex logo are registered trademarks of Cybex International, Inc.

DISCLAIMER: Cybex International, Inc. makes no representations or warranties regarding the contents of this manual. We reserve the right to revise this document at any time or to make changes to the product described within it without notice or obligation to notify any person of such revisions or changes.

© 2001, Cybex International, Inc. All rights reserved. Printed in United States of America.

10 Trotter Drive Medway, MA 02053 • 800-766-3211 • 508-533-4300 • FAX 508-533-5183
www.eCybex.com • techhelp@cybexintl.com • techpubs@cybexintl.com • LT-03150 Rev C • October 2002

IMPORTANT WARRANTY INFORMATION

To validate this warranty, complete the following information and return this card to Cybex within ten days of equipment installation.

Company: _____

Name: _____ Title: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: ( ) _____ Fax: ( ) _____

Installation Date (m/d/y): ___/___/___ By: _____

Model Number: _____

Serial Number: _____

Date of purchase: ___/___/___ Where did you purchase your CYBEX equipment?

Dealer/Other: _____

City/State/Country: _____

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST CLASS MAIL PERMIT NO. 73 MEDWAY, MA

POSTAGE WILL BE PAID BY ADDRESSEE

Cybex International
10 Trotter Drive
Medway, MA 02053-9934

About This Manual

An Owner's Manual, part number LT-03150 is shipped with each 500 C/R Cycle.

Refer to this manual for 500C Cycle, 500R Recumbent, BikeMax 1000 Cycle and BikeMax 1000 Recumbent models.

NOTE: *The BikeMax1000 Cycle/Recumbant Owner's manual, part number LT-03086 is no longer available.*

To purchase additional copies of the 500C and 500R Owner's Manual, part number LT-03150, contact Cybex Customer Service at 888-462-9239 or 508-533-4300. To contact Cybex with comments about this manual, you may send an email to techpubs@cybexintl.com.

Important Voltage Information
If you are using the optional power adapter make sure that the optional adapter has the correct voltage requirements for your area.

The power requirements for the optional adapter are;
- 110V - 115 VAC ±10%, 60 Hz
- 220V - 220 VAC ±15%, 50 Hz/60 Hz grounded circuit

! WARNING: Do not attempt to use this unit with an extension cord.

IMPORTANT SAFETY INSTRUCTIONS: Read and Save

1. Read all instructions before using this equipment.
2. DANGER: DISCONNECT FROM SUPPLY CIRCUIT BEFORE OPENING.
   AVERTISSEMENT: DECONNECTEUR DU CIRCUIT D'ALIMENTATION AVANT D'OURVRIR.
3. Unplug all electrical appliances before cleaning and after use.
4. Close supervision is necessary when this equipment is used by or near children or disabled persons.
5. Use this equipment for the intended use as described in this manual.
6. Never operate equipment that has a damaged power cord or plug.
7. Never drop or insert any object into any opening on this equipment.
8. Do not use outdoors.
9. To disconnect, switch off power switch (just above power cord plug), then remove plug from outlet.

In the presence of power line "noise" such as fast transients, the equipment may require that power be switched off and then back on again, to resume normal operation.

IMPORTANT GROUNDING INSTRUCTIONS

Warning:
Connect This Equipment to a Properly Grounded Outlet
ATTENTION -
BRANCHER CET EQUIPMENT UNE PRISE CORRECTEMENT RELIEÉ À LA TERRE

This equipment is for use only on a nominal 120-volt circuit and has a grounding outlet that looks like the outlet illustrated in Figure A, below. This equipment ***must*** be grounded. No adapter should be used. It has been supplied with a cord having an equipment grounding conductor and plug. This plug must be plugged only into a properly installed grounded outlet. Failure to do so can result in the risk of electrical shock. Do not modify the plug provided with this product-if it does not fit, have a qualified electrician install the proper style outlet.

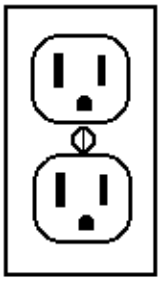


Figure A - Grounded Outlet

© 1999 Cybex International
All other trademarks and product names are the property of their respective holders.

Table Of Contents

Chapter 1
Introduction

The Cybex 500 Series Cycle 1-1

Chapter 2
Assembly and Setup

Assembly Overview 2-1
Unpacking Your 500 Series Cycle 2-1
Assembling the 500R Recumbent Cycle 2-2
- Parts List for the 500R Recumbent Cycle 2-2
- Attaching the Seat Back Assembly 2-3
- Attaching the Display Upright 2-3
- Attaching the Display Console 2-3
- Installing the Optional Polar Heart rate Receiver 2-5

Assembling the 500C Cycle (Upright) 2-5
- Parts List for the 500C Cycle 2-5
- Attaching the Display Upright 2-6
- If Your Cycle Has a Polar Heart Rate Receiver 2-6
- Attaching the Handlebars 2-7
- Attaching the Display Console 2-7

Plugging in the 500C Cycle and 500R Recumbent Cycle 2-7
Setting Options 2-8

Chapter 3
Let's Ride

Overview 3-1
Before You Start 3-1
- Bicycle Mode and Exercise Mode 3-2

Your Workout 3-2
- Manual Mode 3-3
- Using the Preset Programs 3-4

The Workout Display 3-5
- Workout Summary 3-7

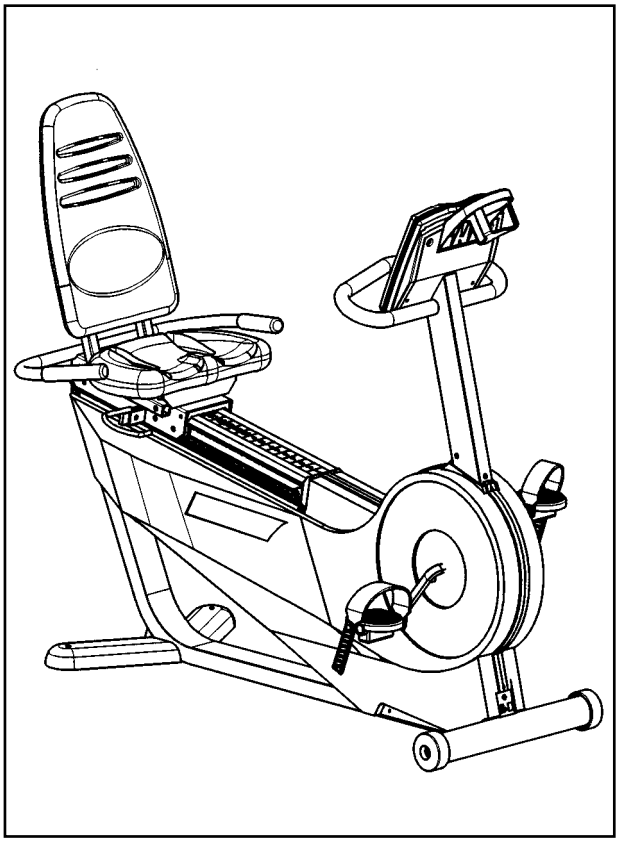
Chapter 4
The Heart Rate Program

Heart Rate Monitor 4-1

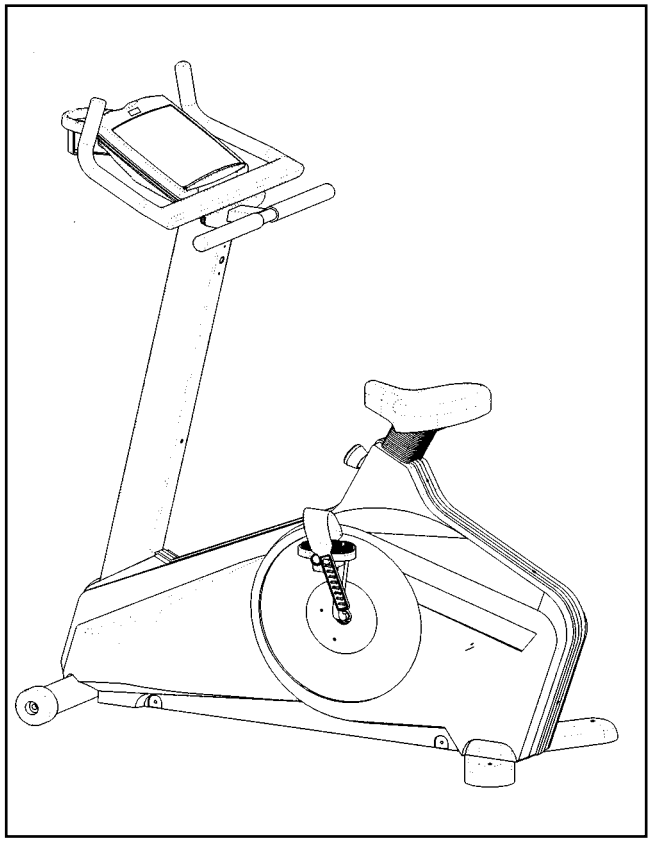
Chapter 1 - Introduction

The Cybex 500 Series Cycle

Welcome to the Cybex 500 series cycle, the perfect cycle for any health club or other group exercise environment. Durability, ease of use, flexible programming, and group racing capability make the 500R Recumbent Cycle and 500C Cycle (upright) ideal for both individual and partnered workouts.



500R Recumbent Cycle



500C Cycle

Features include:

- Simple to Use: The console leads you through the simple steps to start a workout. Or just get on and start pedaling.
- Continuous Performance Monitoring: The convenient, easy-to-read console shows the progress of the workout-distance, speed, calories burned, and more.
- Built-in Workout Profiles: Three standard workouts offer combinations of calorie burning, strength training, and endurance training to satisfy almost everyone.
- Optional Heart Rate Programs: With its optional heart rate monitor, you can program a workout to reach and keep you at your optimal heart rate.
- Setup Mode: You can change the default settings and limits to match the way you want to operate.

So, the 500 series cycle is ideal for:

- Someone who's never used a cycle before uses manual mode, choosing a gear and pedaling speed to match what he or she can do.
- Regular exercisers who want to push themselves can use the standard programs to increase strength and endurance.
- Serious athletes who know their abilities and needs can custom-tailor the exact workouts they want.

Chapter 2 - Assembly and Setup

This chapter describes how to unpack and assemble your 500 series cycle and how to use setup mode to configure the cycle for your situation.

Assembly Overview

It's easy to assemble the 500C Cycle (upright) and 500R Recumbent Cycle - it will probably take about 45 minutes. You need these common tools:

- 3/16" Allen wrench
- 7/16" Wrench or socket wrench and ratchet
- #2 Phillips screwdriver
- ½" Box-end or open-end wrench (if you have the optional Polar heart rate monitor for the 500R Recumbent Cycle)

Here's an overview of the steps in the assembly:

1. Unpack your 500 series cycle and make sure you have all the parts.

2. Follow the detailed assembly instructions. There are separate sections on assembling the 500C Cycle and the 500R Recumbent Cycle.

3. If you choose to, plug in your cycle.

Unpacking Your 500 Series Cycle

Use the 7/16" socket or wrench to remove the brackets holding the chassis feet to the pallet. Remove all the other parts from the shipping carton. Make sure you have all the parts by checking against the parts list for your type of cycle - recumbent or upright.

Assembling the 500R Recumbent Cycle

Parts List for the 500R Recumbent Cycle

The following parts are included with the 500R Recumbent Cycle:

Part#	Qty	Description
LT-03086	1	Owner's Manual
HX-00438	1	Wrench, 3/16 Hex Key
HS-13948	4	5/16-18 x 3/8" Screw
HS-41107	4	5/16-18 x 1-1/2" Screw
HS-41109	7	#10-24 x 3/4" Screw
HW-53018	6	Lock Washer
AX-61309	1	Seat Back Assembly
AX-62026	1	Display Upright
Varies	1	Configuration Kit
Varies	1	Display Console
Varies	1	Main Chassis Base
Varies	1	Configuration Kit

Please refer to Figure 1 (shown below) for "Attach Seat Back Assembly" and "Attach the Display Upright" sections listed on page 2-3.

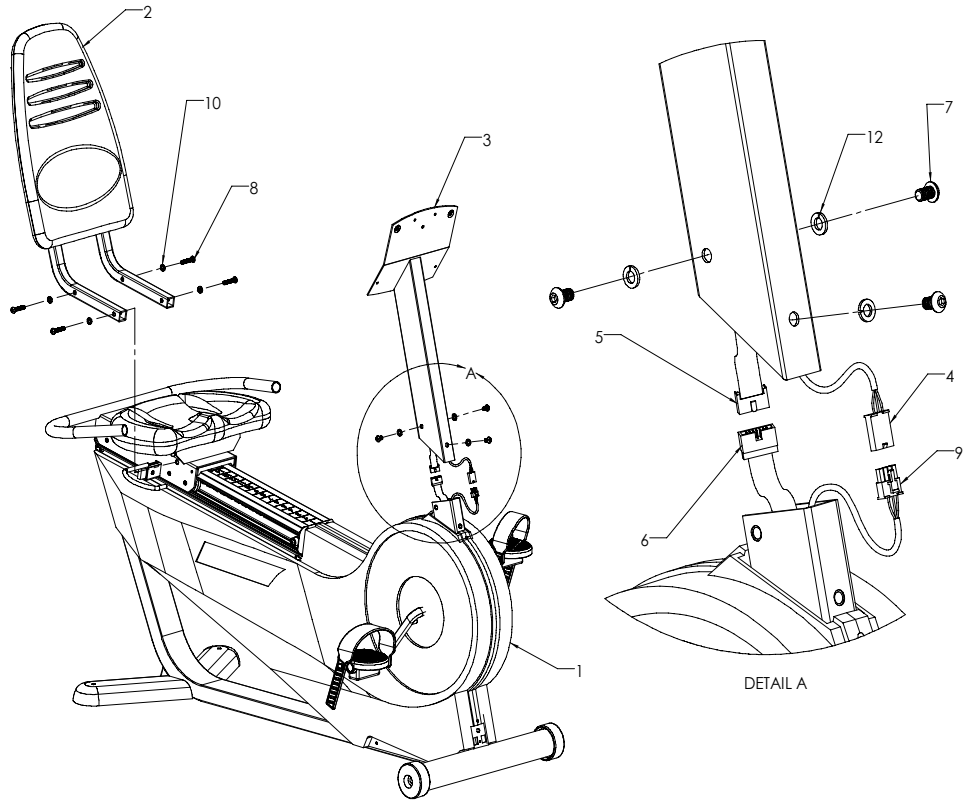


Figure 3. Attach Handlebar and Seat Back Assembly

Figure 1

Attaching the Seat Back Assembly

As shown in Figure 1 on the previous page, attach the seat back assembly (2) to the seat shuttle with four 5/16 x 1-1/2 button head cap screws (9) and lock washers (14), using a 3/16" hex wrench. ***NOTE:*** *If you have difficulty aligning the screws, loosen the four button-head cap screws on the back of the seat. Attach seat supports to the seat shuttle and fully tighten, then tighten the screws on the seat back.*

Attaching the Display Upright

All of the cable connections are shown in detail A of Figure 1. Connect the two ends of the ribbon cable (5 and 6) which emerge from the bike base and the display upright (3). If you have the Polar heart rate monitor option, connect the ends of the Polar cable (4 and 9). To help support the display upright, move the seat forward and rest the handlebar of the upright on the seat.

Loosen the top cover screw (see Detail A of Figure 1). Feed excess cable into the upright. Lift the display upright and slide it down over the neck, taking care not to pinch the ribbon cable. Fasten the display upright using three 5/16-18 x 3/8" button-head cap screws (8) and lock washers (12). Tighten the top cover screw at the front of the cycle.

Attaching the Display Console

As shown in Figure 2 on the next page, attach the ribbon cable from the display upright to the back of the display console (9). The connector is keyed so you cannot insert it backwards. Attach the green ground cable to the single flat connector next to the ribbon cable connector. Make sure the cables are firmly connected before continuing.

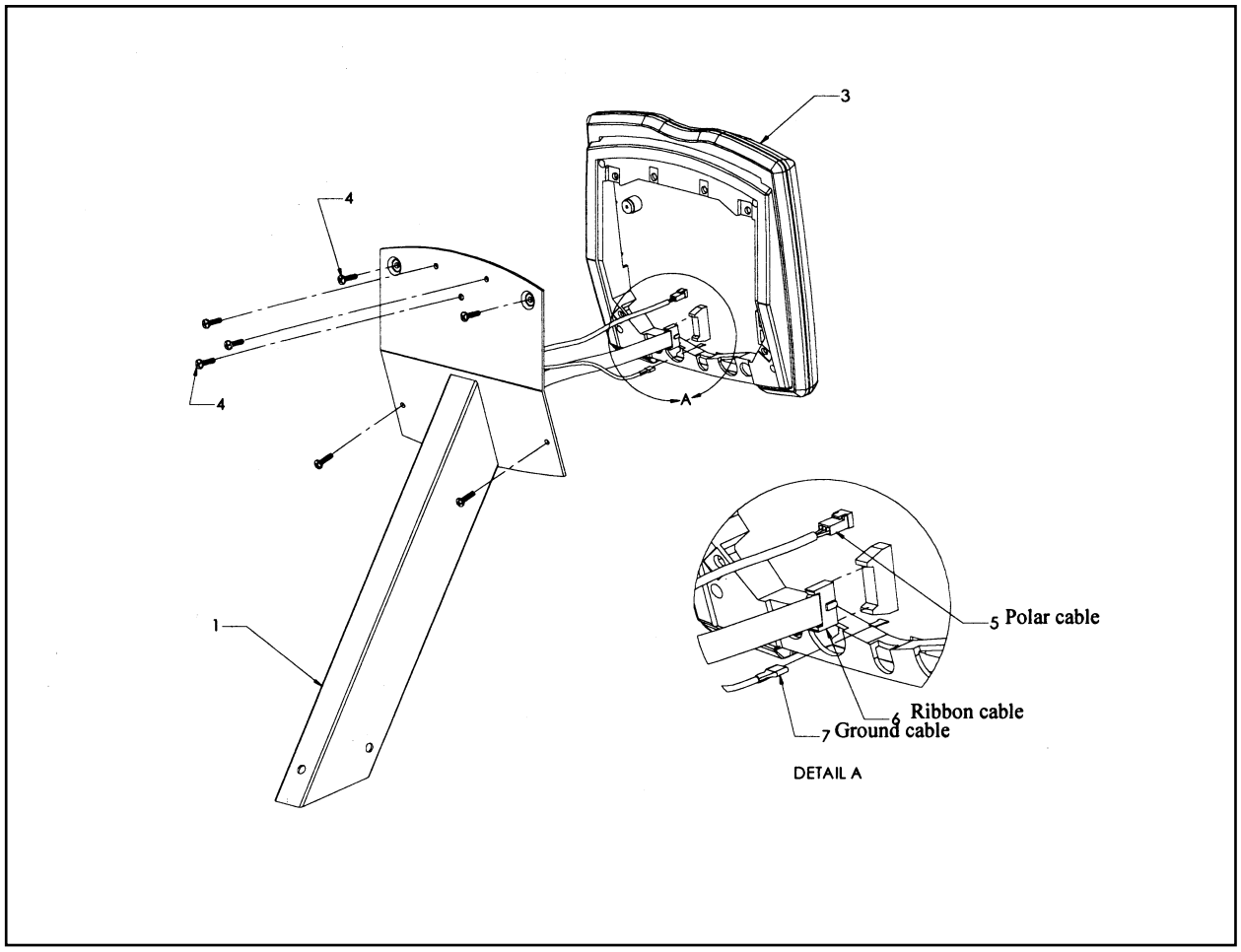


Figure 2

♥ If you have the optional Polar heart rate monitor, attach the heart rate monitor cable to the back of the console. See Figure 2, Detail A.

Use the four Phillips-head screws (10) to attach the display console to the console back-plate. See Figure 3 (located on the next page).

Important: You must still screw the three screws into the open holes in the back plate to protect the electronics from the environment.

If Your Cycle Has a Polar Heart Rate Receiver

Remove the plate at the rear of the cycle (item 3 shown in Figure 3). Plug the cable, already inside the seat rail, into the Polar receiver (2). Loosen nut (4) on inside of seat rail, and slide the Polar receiver bracket onto the bolt (8) shaft. Tighten the nut to secure the bracket, and replace the rear plate (3). See Figure 3.

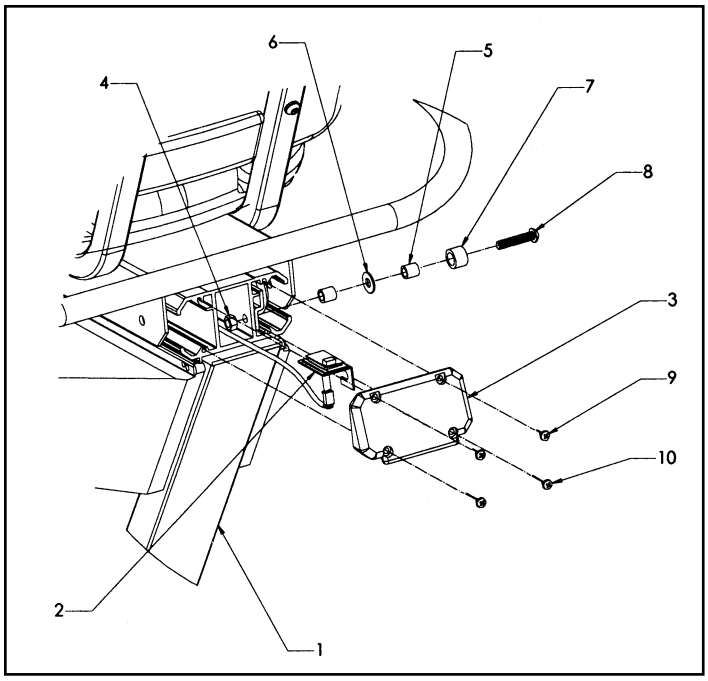


Figure 3

Assembling the 500C Cycle (Upright)

Parts List for the 500C Cycle

Part#	Qty	Description
LT-03150	1	Owner's Manual
HX-00438	1	Wrench, 3/16 Hex Key
HS-41106	7	#10-24 x 1/2" Screw
HS-41072	4	5/16-18 x 3/4 Button Head Screw
HS-41126	3	5/16-1" Button Head Screw
HW-53018	7	Lock Washer
AX-61026	1	Termination Plug
AW-61033	1	Communications Cable
AF-61351	1	Handlebar
AX-70387	1	Display Upright
Varies	1	Configuration Kit
Varies	1	Display Console
Varies	1	Main Chassis Base
Varies	1	Configuration Kit

Attaching the Display Upright

See Figure 4 for this step. Lay the display upright on the ground and plug the ribbon cable from the upright to the ribbon cable in the chassis. Tuck the cables inside the chassis upright tube to make sure they don't get pinched when you attach the upright. Slide the upright down over the upright on the chassis. Using a 3/16" hex wrench, secure them with three 5/16" by 1" button-head screws (HS-41126) and washers (HW-53018). Stand up the chassis/display upright combination.

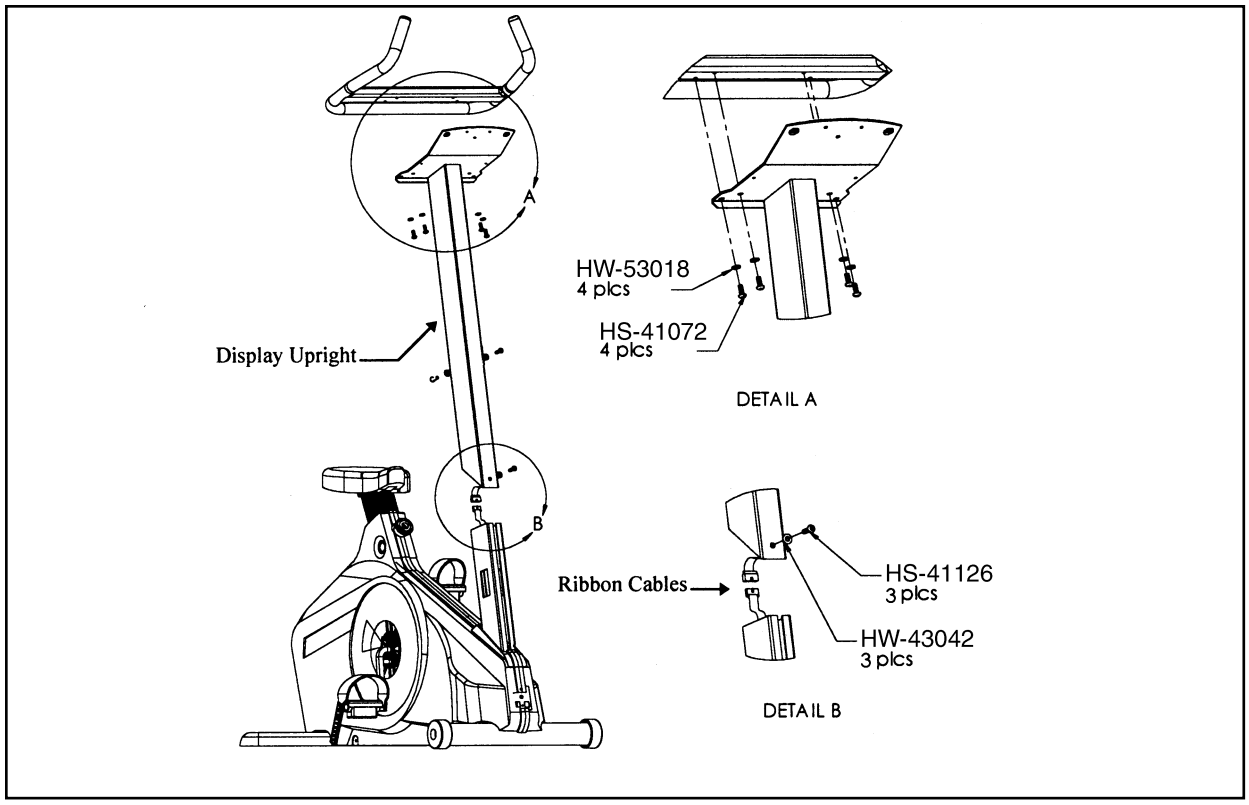


Figure 4

If Your Cycle Has a Polar Heart Rate Receiver

Remove the lower three round plugs from the display upright. Find the Polar cable in the configuration kit (it's the short cable with small brown connectors on each end). Feed the unlabeled end of the cable through the largest of the three holes until it emerges through the hole in the display console mounting plate. The end with the "POLAR" label should stick out of the lower part of the display upright.

Plug the "POLAR" end of the cable into the receiver module. Push the cable and connector into the frame hole so the receiver module rests against the display upright. Attach the receiver to the upright with the two provided screws.

Attaching the Handlebars

As shown in Figure 4, detail A (located on the previous page), use the 3/16" hex wrench to attach the handlebar to the console back-plate with four 5/16" button-head screws (HS-41072) and lock washers (HW-53018).

Attaching the Display Console

Remove the display console from the configuration kit Attach the ribbon cable from the display upright to the back of the display board. The connector is keyed so you cannot insert it backwards. Attach the green ground cable to the single flat connector next to the ribbon cable connector. Make sure the cables are firmly connected before continuing. See Figure 5.

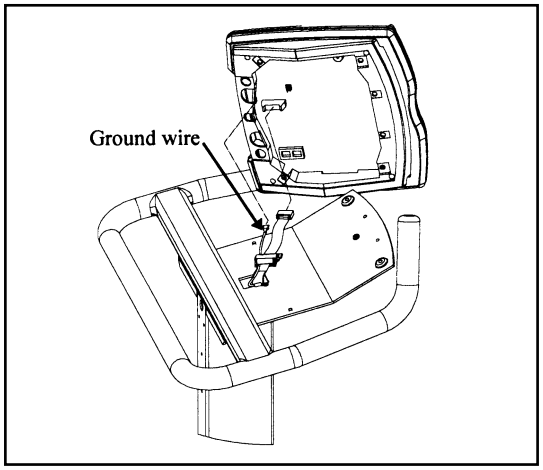


Figure 5

♥ If you have the Polar heart rate monitor option, attach the heart rate monitor cable to the back of the console.

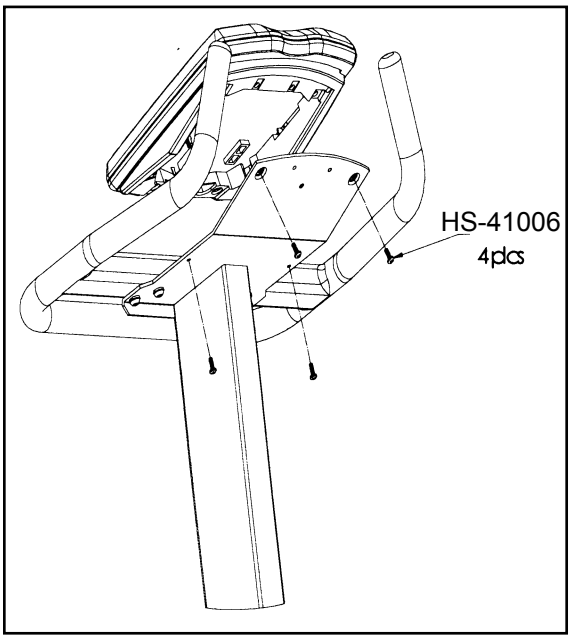


Figure 6

Use the four Phillips-head screws from the configuration kit to attach the display console to the console back-plate. See Figure 6.

Important: You must still screw the three screws into the open holes in the back plate to protect the electronics from the environment.

Plugging in the 500C Cycle and 500R Recumbent Cycle

Because of its alternator design, you do not need to plug your 500C Cycle and 500R Recumbent Cycle into a wall socket; it generates all the electricity it needs from the power of your pedaling. An optional power adapter lets you plug the 500C Cycle and 500R Recumbent Cycle in if you want; this makes some features easier to use. Simply plug the adapter into the outlet on the front (wheel side) of the 500C Cycle and 500R Recumbent Cycle. There is no power switch; you may unplug the adapter to turn off the display (normally you can leave it on all the time).

Setting Options

The 500 series cycle offers an easy-to-access setup menu to let you match the cycle's default settings and limits to your users' needs and the way you want to run your facility. You can set the maximum workout length, the language and measurement units used on the display, and more.

To set options:

1. Enter setup mode by holding down the **Switch Display** key while pedaling to activate the console. You must keep pedaling while you change the settings.

2. For each of the following settings, use the up and down arrows to choose the value you want, then press **Enter** to move on to the next option.

   - Longest Workout Time ("Long Prog"): The longest time a user is allowed to set for his or her workout. The original setting is 20 minutes. You can change this up to the absolute maximum of 60 minutes.
   - Default Workout Time ("Def Prog"): This is the default time shown when a user begins a workout. The factory setting is 20 minutes; you can set this as high as the Maximum Workout Time.
   - Idle Time ("Until Idle"): How long the bike remembers workout information after a work out, or if someone stops during a workout. You can set this to 30 seconds, one minute, or two minutes. You can also choose to have no idle time; the bike will remember the information until someone starts a new workout.
     The idle time setting is used only if you have your 500 series cycle plugged in! If you are using pedaling power to operate the console, 500C Cycle and 500R Recumbent Cycle can remember workout information only for about 10 seconds after someone stops pedaling.
   - Always Prompt or Get On and Go: If you choose "Get On and Go," a user can get on the 500 series cycle and start a manual workout without entering any workout information. The default is "Full Set Up."

   When a user chooses "Get On and Go" operation, the 500C Cycle and 500R Recumbent Cycle uses the default workout length (the one set as "First Workout Time").

   - Key Beep: Should the console keys beep when pressed? Choose Yes or No
   - USA Readout, Euro, or International ("Intl"): The USA readout uses miles for distance and calories/hour for power; the Euro readout uses metric units for distance and watts for power; the Intl readout uses metric units for distance and calories/hour for power.

3. When you're done setting options, press the **Clear** key twice to save your settings and leave setup mode.

   If you decide not to change the settings, stop pedaling and let the console turn off with out leaving setup mode. All settings keep their previous values.

Chapter 3 - Let's Ride

So far, we've discussed what the club or facility owner needs to do to get the cycle ready to use. This chapter describes how to use it: what each exerciser needs to do to get the most out of his or her workout.

Overview

This is how you work out on the 500C Cycle and 500R Recumbent Cycle.

1. Get on and start pedaling to activate the console.
2. Enter how long you want to work out.
3. Select manual mode or a program.
4. Choose your effort level.
5. Enjoy your workout!

During your workout, watch your progress on the console; if you want, you can change the pedaling resistance or program at any time. When you're done, the 500C Cycle and 500R Recumbent Cycle shows information about your total workout: distance pedaled, calories burned, and more.

The rest of this chapter tells you more about your choices at each of these steps. The optional heart rate program is discussed in Chapter 4.

Before You Start

To get the most out of a 500C Cycle and 500R Recumbent Cycle workout, be sure to follow these general exercise rules:

- Check with your doctor before starting any new exercise program.
- Wear comfortable workout clothing.
- Drink plenty of water or other fluids before, during, and after exercising.
- Stay loose and relaxed while working out.
- If you start to hurt, ***stop pedaling.***

When pedaling, you should have a smooth, even stroke, using both legs equally. Adjust the seat so your knees are still slightly bent at full extension.

To adjust the 500C Cycle (upright) seat: (1) Pull the adjust pin out and allow the seat to drop to the lowest position. (2) Place your feet in the pedals and stand up above the seat. (3) Grasping the "horn" of the seat, pull the seat up underneath you, allowing the ratcheting adjust mechanism to lock into the correct position. To adjust the 500R Recumbent Cycle seat, use the handle under the right side of the seat.

For best results, pedal at 64 RPM or faster.

Bicycle Mode and Exercise Mode

The 500 series cycle offers two types of controlled resistance to give you your choice of workout. In manual mode, the 500C Cycle and 500R Recumbent Cycle is in *bicycle mode;* during a program (including the heart rate program), it is in *exercise mode.*

- Bicycle mode simulates riding a real bicycle across level ground. You choose from 21 gear settings; at higher settings, there is more resistance-it's harder to pedal, but you go farther for every pedal revolution. At any given setting, you can do more work by pedaling faster. You can reach the highest work level only at high pedaling speeds.

  Higher speeds require much more work than lower: 20 mph, for example, takes three times as much effort as 10 mph. At high speeds, you can stop pedaling temporarily and "coast," just as on a real bicycle.

- In exercise mode, the level you set determines the amount of work you do when you pedal. If you change your pedaling speed, the 500C Cycle and 500R Recumbent Cycle adjusts the resistance so you are doing the same amount of work. If you want to do more or less work, you change the setting, not your pedaling speed. This lets the 500C Cycle and 500R Recumbent Cycle control the amount of work you are doing at any time, so you get the maximum benefit from the various programs.

  If you slow your pedaling speed below 64 RPM, the 500C Cycle and 500R Recumbent Cycle decreases the resistance (and workload). This is necessary so you can begin pedaling from a stop.

In summary: In manual mode, you are in bicycle mode: changing the level setting changes the resistance on the pedals, just like shifting gears on a real bike. During programs, you are in exercise mode: changing the level changes your total workload; the 500C Cycle and 500R Recumbent Cycle adjusts the resistance on the pedals to keep the work constant as you change pedaling speeds.

Your Workout

There are two basic ways to use the 500C Cycle and 500R Recumbent Cycle: in manual mode or using one of the preset workout programs. The following sections tell you how to use each of these modes.

500C Cycle and 500R Recumbent Cycle's heart rate control program is covered in Chapter 4.

These instructions assume you are using the bike's alternator feature: the cycle is not plugged into the wall; it uses the power generated by pedaling to light the console. If you do have the cycle plugged in, you don't have to start pedaling before choosing a workout mode, and the length of time it remembers information if you pause or after a workout is determined by the idle time setting, as described in Chapter 2.

Manual Mode

In manual mode, you tell the 500C Cycle and 500R Recumbent Cycle how long you want to work out; you can adjust your pedaling speed and level ("gear") at any time during the workout. Follow these steps:

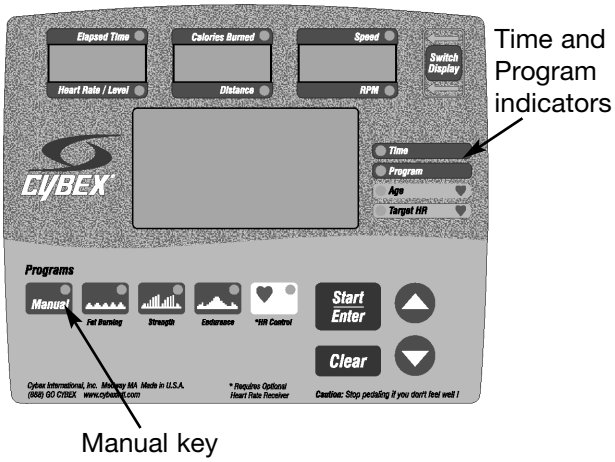
1. Get on the 500 series cycle and start pedaling to activate the console.

If your 500C Cycle and 500R Recumbent Cycle is set for "Get On and Go" operation, it will automatically go into manual mode and use the default workout length. To change the length, press **Clear** twice, then continue with step 2.

2. The display will show the default workout length in the "Speed" field, and the light next to "Time" at the right of the console will flash. You can change the workout length using the up and down arrow keys, up to the maximum for this 500C Cycle and 500R Recumbent Cycle. Press **Enter**.

3. The light next to "Program" now flashes. Press the **Manual** program key.

4. Select the effort level you want by pressing the up or down arrow. If you hold the key down, the setting will continue to change. Pick a level that gives you a good workout at a comfortable pedaling speed without causing pain. You can adjust the level at any point in your workout - if you feel like you're straining, decrease the level to make it easier to pedal. Remember, you're in bicycle mode during a manual workout; setting a new level changes the resistance on the pedals.



5. Enjoy your ride!

During your workout, the console shows your progress and statistics about your workout. For details about these displays, see the section "The Workout Display," later in this chapter.

You can change from manual mode to one of the programmed workouts during your workout. Just press the key for the program you want.

If you need to pause during a workout, the cycle will remember your workout information for about 10 seconds. If you stop for longer than this, the 500C Cycle and 500R Recumbent Cycle loses the information, and you'll have to start a new workout.

When you finish, you see a workout summary giving statistics for your total workout. See "The Workout Display," below, for a description.

Using the Preset Programs

The 500C Cycle and 500R Recumbent Cycle includes three preset workout profiles you can choose from. These profiles vary the cycle level at set intervals to maximize either fat burning, strength training, or endurance building. During a program, the 500C Cycle and 500R Recumbent Cycle is in exercise mode; if you change your pedaling speed, it varies the resistance to keep your workload at the same effort level for that part of the program. To use a workout program:

If you have the heart rate monitor option, there are four. The heart rate programs are described in Chapter 4.

1. Get on the 500C Cycle and 500R Recumbent Cycle and start pedaling to activate the console.

   If the 500C Cycle and 500R Recumbent Cycle is set for "Get On and Go" operation, to use the default workout length, just get on the bike and start pedaling, then press the program key. If you want to set the workout length, start pedaling, press **Clear** twice, then continue with step 2.

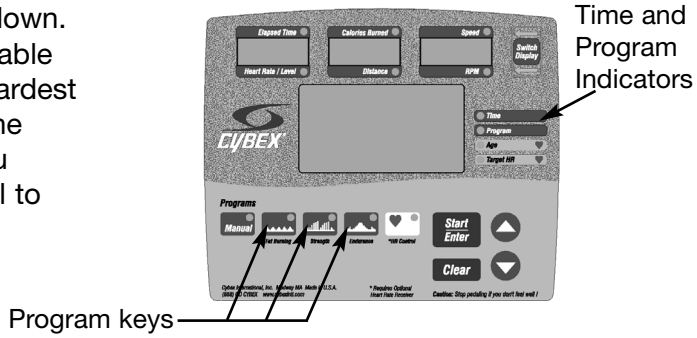
2. The display will show the default workout length in the "Speed" field, and the light next to "Time" at the right of the console will flash. You can change the workout length using the up and down arrow keys, up to the maximum for the 500C Cycle and 500R Recumbent Cycle. Press **Enter**.

   When you change the length of a program, the 500C Cycle and 500R Recumbent Cycle intelligently adjust the program's profile to match your setting. For the fat burning and strength programs, it adds or removes repetitions of the center section; for the endurance program, it increases or decreases the length of the center section. The warm-up and cool-down periods stay the same. If you set the workout length to five minutes, you'll do just the warm-up and cool-down.

3. The light next to "Program" now flashes. Press the key for the program you want. The graphs on the program keys show a "profile" of each workout. The higher bars indicate higher workloads. Each program begins with a warm-up and ends with a cool-down period; as you can see, the middle sections vary according to the type of workout.

4. Select the effort level you want by pressing the up or down arrow. (If you hold the key down, the setting will continue to change.) This adjusts the entire program up or down. Pick a setting that gives you a comfortable workout, without causing pain at the hardest parts of the program. You can adjust the level at any point in your workout if you feel like you're straining, lower the level to decrease the effort needed.

5. Enjoy your workout.



While you're pedaling, the console shows your progress and statistics about your workout. For details about these displays, see the section "The Workout Display," later in this chapter.

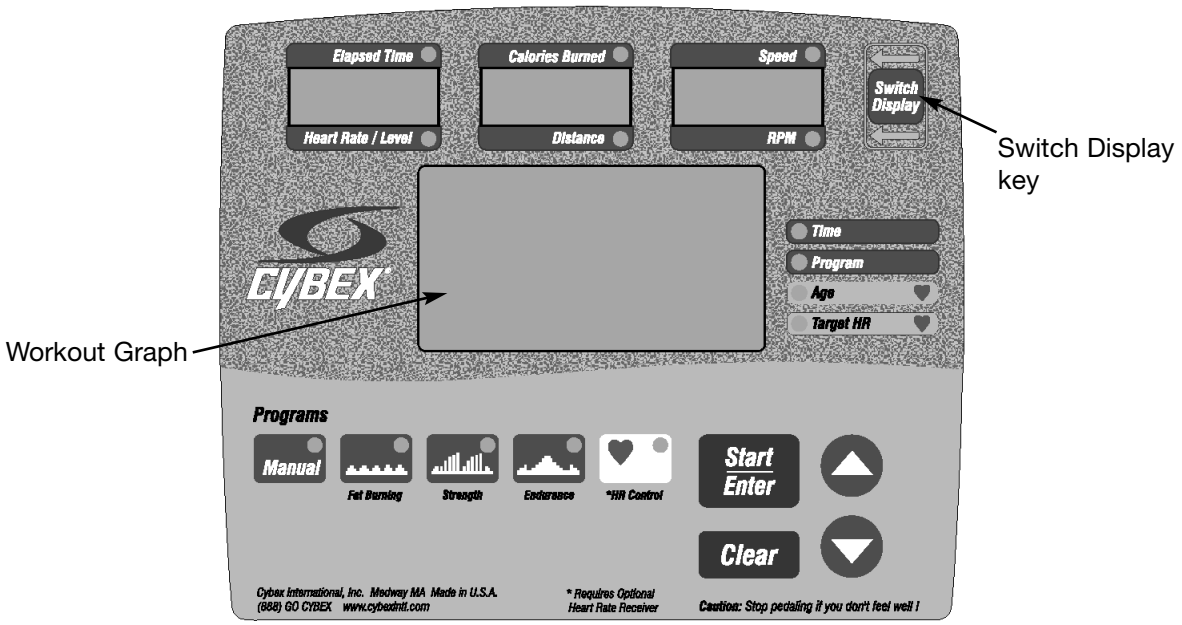
You can change to manual mode or another program during your workout. Just press the key for the program you want.

If you need to pause during a workout, the cycle will remember your workout information for about 10 seconds. If you stop for longer than this, the 500C Cycle and 500R Recumbent Cycle loses the information, and you'll have to start a new workout.

When you finish, you see a workout summary giving statistics for your total workout. See "The Workout Display," below, for a description.

The Workout Display

During your workout, the 500C Cycle and 500R Recumbent Cycle console keeps you continuously updated about your progress. The Progress Indicators at the top of the console and the Workout Graph in the middle give you different views of your workout.



- The three Progress Indicators show six categories of information. At the beginning of a workout the three top categories are shown. Pressing the **Switch Display** button at the right of the fields switches between categories; the lights over and under each field indicate which information is currently displayed. If you hold down **Switch Display** for half a second, the fields will alternate between categories every five seconds.

The top three categories are:

Elapsed Time How long you've pedaled so far.

Calories Burned The number of calories you've burned in this workout.

Speed Your current speed in miles or kilometers per hour.

The three bottom categories are:

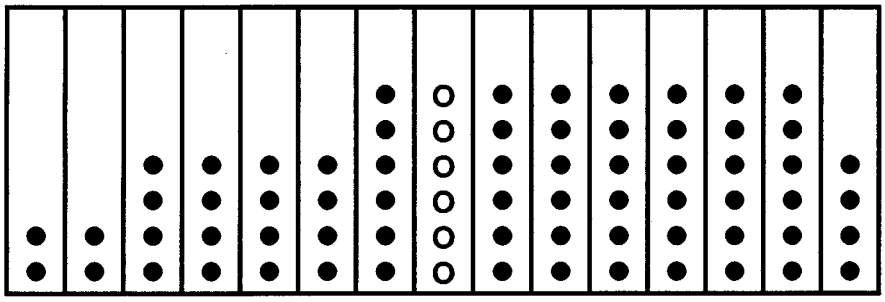
Heart Rate or Level If you have the heart rate monitor option, this is your current heart rate in beats per minute. If you don't have the heart rate monitor, it is the current speed setting for the cycle. In bicycle mode, this is the gear: the amount of resistance on the pedals; in exercise mode, it's a measure of the work you're performing.

Distance In miles or kilometers. This is based on the power required by an average cyclist on a road bike on a level surface.

RPM Your current revolutions per minute

- The Workout Graph in the middle of the console uses columns of lights to show the progress of your workout. In manual mode, each column represents 1/15th of your work out and shows the highest speed you reached in that period.

  In a program, the Workout Graph shows a detailed view of the current portion of your workout: each column of lights represents a 15 second segment, so the entire display covers 225 seconds (a little under four minutes). The height of the columns shows the relative level (power required); the blinking column is where you are right now. As you go through your workout, the blinking column moves slowly from left to right; when it reaches the right-most column, your workout is almost over. For example:



  The blinking column (shown as empty circles) indicates the workout is approximately half over. The power required will stay the same for the next 90 seconds (six columns), then decrease.

Workout Summary

If you keep pedaling to keep the console lit after your workout, the Progress Indicators show "End," then alternate between the upper and lower sets of values (described above), so you can see the totals for your workout.

This display will continue as long as you keep pedaling.

Chapter 4 - The Heart Rate Program

Heart Rate Monitor

As an option, the 500C Cycle and 500R Recumbent Cycle includes a heart rate monitor harness you can wear during a workout to continuously monitor your heart rate. In either manual or program mode, the heart rate monitor merely gives you more information - it lets you see your current heart rate at any time.

However, used with the 500C Cycle and 500R Recumbent Cycle Heart Rate Control program, this option lets you design a workout tailored to your age and condition by gradually bringing you to your target heart rate, then keeping you at that heart rate for the rest of the workout. To use the heart rate program:

1. Get on your cycle and start pedaling to activate the console.

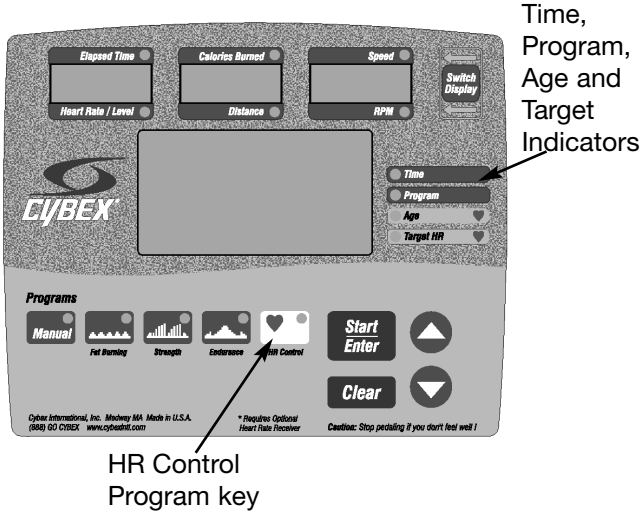
   If the cycle is set for "Get On and Go" operation, start pedaling, press **Clear** twice, then continue with step 2.

2. The display will show the default workout length in the "Speed" field, and the light next to "Time" at the right of the console will flash. You can change the workout length using the up and down arrow keys, up to the maximum. Press **Enter**.

3. The light next to “Program" now flashes. Press the **HR Control** key.

4. The light next to "Age" flashes. Use the up and down arrow keys to set your age. Press **Enter**.

5. The display will show your target heart rate (based on your age) and the percentage of your maximum heart rate. Use the up and down arrow keys to set the target heart rate you want for this workout and press **Enter**.



Over the first few minutes of your workout, your cycle will gradually build you up to your target heart rate. It will then keep you at this rate until the cool-down period at the end of the workout.

While you're pedaling, the fields at the top of the console show statistics about your workout. For details about this display, see "The Workout Display" in Chapter 3. The workout graph shows a horizontal line representing your target heart rate. Each column of lights is your heart rate for a segment of the workout, moving from right to left. Each light represents ten beats per minute. The blinking column is your current heart rate.

If you need to pause during a workout, the cycle will remember your workout information for about 10 seconds. If you stop for longer than this, the cycle loses the information, and you'll have to start a new workout.

When you finish, you see a workout summary giving statistics for your total workout and your heart rate as you recover. See "The Workout Display" in Chapter 3 for a description.

CYBEX®
International
Defining Fitness